

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 537-0236.</b></p>	<p><b>Location Guide</b>            CHH-Capital Health-Hopewell            HTB-Hopewell Town. Building            HTPW-Hopewell Twp. Public Works            HVY-HV YMCA            MCL-MC Library, Hopewell Branch</p>	<p>PPL-Pennington Public Library            RP-Rosedale Park            SAC-St. Alphonsus Church            SJC- St. James Church            SMC-St. Matthews Church            WP-Woolsey Park</p>			<p>1 11:30-Lunch: Tuna Salad w/ Lettuce Leaf and Mayo</p>	<p>2</p>
	<p>3</p>	<p>4 <b>CLOSED: LABOR DAY</b></p>	<p>5            10-Blood Pressure Screening  <b>11-Leisure Club (SAC)</b>            11:30-Lunch: Chicken Stuffed w/ Swiss Cheese &amp; Ham  <b>1-Men's Billiard's Club (HVY)</b></p>	<p>6            10:30- Bingo  <b>10:30- T'ai Chi (SJC)</b>            11:30-Lunch: Sweet Italian Sausage</p>	<p>7  <b>10-Active Aging Exercise (HTB)</b>            11:30-Lunch: Roasted Turkey w/ Gravy            1:30-Mahjongg</p>	<p>8  <b>8-Senior Olympics (WT)</b>            11:30-Lunch: Crab Cakes w/ Tartar Sauce</p>
<p>10  <b>8-Senior Olympics (WT)</b></p>	<p>11  <b>10:30-Healthy Bones (SMC)</b>  <b>10:45-Healthy Bones (HTB)</b>            11:30-Lunch: Stuffed Pepper w/ Tomato Sauce  <b>2-Book Club (MCL)</b></p>	<p>12            11:30-Lunch: Low Salt Ham w/ Pineapple Sauce  <b>1-Men's Billiard's Club (HVY)</b>            1- Artists' Choice</p>	<p>13  <b>10:30- T'ai Chi (SJC)</b>  <b>10:45-Healthy Bones (HTB)</b>            11:30-Lunch: (2) Beef Stuffed Tacos w/ Shredded Cheddar Cheese</p>	<p>14  <b>10-Active Aging Exercise (HTB)</b>            11:30-Lunch: Lemon Pepper Fish w/ Tartar Sauce  <b>12-Senior Picnic (WXSP)</b></p>	<p>15  <b>Nutrition Site Annual Picnic</b>  <b>Senior Center Closed</b></p>	<p>16</p>
<p>17</p>	<p>18  <b>10:30-Healthy Bones (SMC)</b>  <b>10:45-Healthy Bones (HTB)</b>            11:30-Lunch: Chicken Francaise            1- NEWSLETTER FOLDING</p>	<p>19  <b>10-Blood Pressure Screening (HTB)</b>            11:30-Lunch: Turkey &amp; Provolone  <b>1-Men's Billiard's Club (HVY)</b>            1- Artists' Choice            3-Aging-In-Place Meeting</p>	<p>20            10- Is it Dementia?  <b>10:30- T'ai Chi (SJC)</b>  <b>10:45-Healthy Bones (HTB)</b>            11:30-Lunch: Chicken Pot Pie  <b>1:30-The Bucket List (MCL)</b></p>	<p>21  <b>10-Active Aging Exercise (HTB)</b>            11:30-Lunch: Breaded Pork Chop            1:30-Mahjongg</p>	<p>22            11:30-Lunch: Salad w/ Chicken Strips, Carrots, Tomato &amp; Italian Dressing  <b>2-GrandPals Meeting</b></p>	<p>23</p>
<p>24</p>	<p>25  <b>10:30-Healthy Bones (SMC)</b>  <b>11-Mondays with Mia (HTB)</b>            11:30-Lunch: Fried Chicken            2-Social Bridge</p>	<p>26            11:30-Lunch: Meatloaf w/ Mushroom Gravy  <b>1-Men's Billiard's Club (HVY)</b>            1- Artists' Choice  <b>6:30-Getting Started with</b></p>	<p>27            10- Tracking Wild Birds            10:30- T'ai Chi (SJC)  <b>10:45-Healthy Bones (HTB)</b>            11:30-Lunch: (2) Turkey Hot Dogs  <b>1:30 &amp; 6:30-End of Month Movie: Fences</b></p>	<p>28  <b>10-Active Aging Exercise (HTB)</b>            11:30-Lunch: Swedish Meatballs w/ Gravy</p>	<p>29            11:30-Lunch: Eggplant Rollatini w/ Tomato Sauce</p>	<p>30</p>